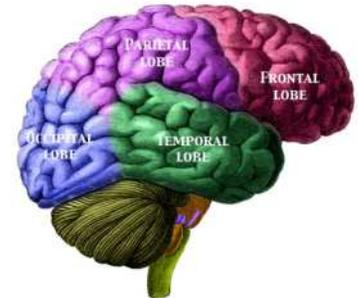




# Walton Chronicle



The human brain is a wonder. Through folds of tissue and pulses of electricity, it lets us perceive, attempt to understand, and shape the world around us. As science rapidly charts the brain’s complex structures, new discoveries are revealing the biology of how the mind functions and fails. Given the centrality of the brain to human health, its malfunctions should be a priority, separated from stigma and treated on par with the diseases of the body. We aren’t there yet, but the transformation is underway.

Mental disorders affect nearly 20 percent of American adults; nearly 4 percent are severely impaired and classified as having serious mental illness. These disorders are often associated with chronic physical illnesses such as heart disease and diabetes. They also increase the risk of physical injury and death through accidents, violence, and suicide.

Suicide alone was responsible for 42,773 deaths in the United States in 2014 (the last year for which final data are available), making it the 10th leading cause of death. Among adolescents and young adults, suicide is responsible for more deaths than the combination of cancer, heart disease, congenital anomalies, respiratory disease, influenza, pneumonia, stroke, meningitis, septicemia, HIV, diabetes, anemia, and kidney and liver disease. The treatment of mental illness has long been held back by the sense that disorders of emotion, thinking, and behavior somehow lack legitimacy and instead reflect individual weakness or poor life choices. Not surprisingly, there has been a mismatch between the enormous impact of mental illness and addiction on the public’s health and our society’s limited commitment to addressing these problems. Here are three examples of how that plays out:

- Most emergency departments are ill-equipped to meet the needs of patients in the midst of mental health crises.
- Most insurance plans view mental illness and addiction as exceptions to standard care, not part of it.

Despite an overall cultural shift towards compassion, our society still tends to view the mentally ill and those with addiction as morally broken rather than as ill.

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## Mental Health Continued

Too often, individuals suffering from serious mental illnesses — those in greatest need of care — have been isolated and cared for outside of traditional health care, as in the asylums of the past. There, mental health care was separate from, and far from equal to, traditional health care.

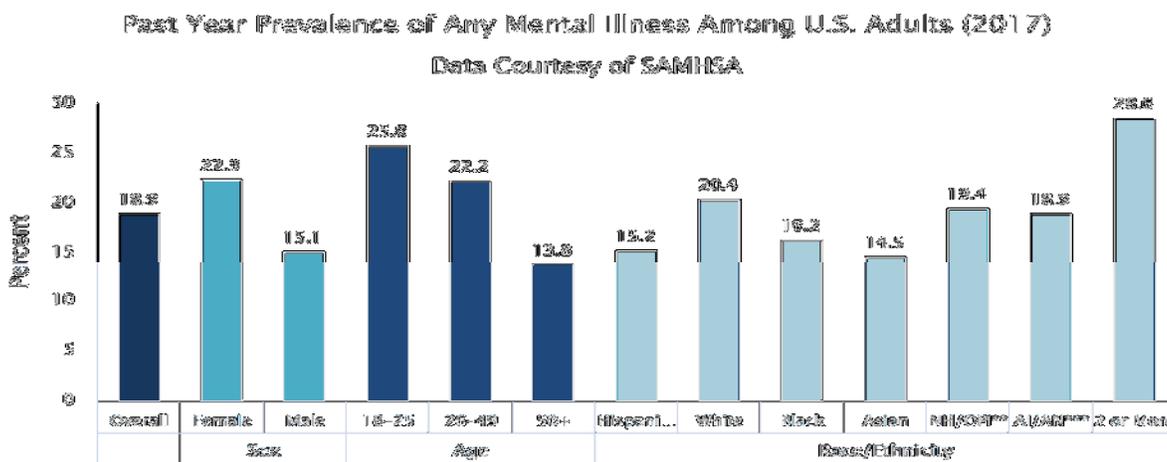
Why the disconnect? Psychiatry has been hampered by an inability to observe and record the physical workings of the brain. Because of that, psychiatric assessments and treatments have been viewed as somewhat mysterious. Even today, the underlying mechanisms behind some of the most powerful and effective psychiatric treatments are still poorly understood. All of that translates into the difficulty that many people have finding help for real, disabling symptoms attributed to a mental illness or addiction.

However, just as other fields of medicine have evolved as knowledge advanced during the past century, psychiatry has also made profound gains. Advances emerging from unlocking the brain's physiology and biochemistry are coming at a time when mental health care is being integrated into traditional health care. The potential has never been greater to finally bring psychiatry quite literally under the same roof as the rest of medicine.

The Ohio State University Werner Medical Center, where I work, offers an example of this kind of transformation. Now celebrating its centenary, the Ohio State Harding Hospital was founded as the Indianola Rest Home by Dr. George Harding II, younger brother of President Warren G. Harding. It was created as an asylum that provided quiet, nutrition, and a focus on spirituality.

Today, the hospital can address mental health issues as effectively as it treats trauma or cardiac arrest. This shift is occurring nationally, with community-involved, comprehensive mental health integration into hospitals in cities and rural communities alike.

<https://www.statnews.com/2017/05/31/mental-health-medicine/>



# Outbreak of Salmonella Infections linked to Pet Turtles

- 21 people infected with the outbreak strain of *Salmonella* Oranienburg have been reported from 13 states.
- 7 hospitalizations have been reported. No deaths have been reported.
- Epidemiologic and trace back evidence indicate that contact with pet turtles is the likely source of this outbreak.
- In interviews, 12 (71%) of 17 ill people reported contact with a turtle.

Steps to stay healthy around their pet:

- Wash your hands
- Play Safely



## Adult Obesity Facts

### Obesity is common, serious and costly

- The prevalence of obesity was 39.8% and affected about 93.3 million of US adults in 2015~2016.
- Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer that are some of the leading causes of preventable, premature death.
- The estimated annual medical cost of obesity in the United States was \$147 billion in 2008 US dollars; the medical cost for people who have obesity was \$1,429 higher than those of normal weight

### Obesity affects some groups more than others

- Hispanics (47.0%) and non-Hispanic blacks (46.8%) had the highest age-adjusted prevalence of obesity, followed by non-Hispanic whites (37.9%) and non-Hispanic Asians (12.7%).
- The prevalence of obesity was 35.7% among young adults aged 20 to 39 years, 42.8% among middle-aged adults aged 40 to 59 years, and 41.0% among older adults aged 60 and older.

### Obesity and Socioeconomic status

The association between obesity and income or educational level is complex and differs by sex and race/ethnicity.

- Overall, men and women with college degrees had lower obesity prevalence compared with those with less education.
- By race/ethnicity, the same obesity and education pattern was seen among non-Hispanic white, non-Hispanic black, and Hispanic women, and also among non-Hispanic white men, although the differences were not all statistically significant. Although the difference was not statistically significant among non-Hispanic black men, obesity prevalence increased with educational attainment. Among non-Hispanic Asian women and men and Hispanic men there were no differences in obesity prevalence by education level.
- Among men, obesity prevalence was lower in the lowest and highest income groups compared with the middle income group. This pattern was seen among non-Hispanic white and Hispanic men. Obesity prevalence was higher in the highest income group than in the lowest income group among non-Hispanic black men.
- Among women, obesity prevalence was lower in the highest income group than in the middle and lowest income groups. This pattern was observed among non-Hispanic white, non-Hispanic Asian, and Hispanic women. Among non-Hispanic black women, there was no difference in obesity prevalence by income.

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## Breast Cancer Awareness Month



October marks the beginning of Breast Cancer Awareness month. This annual campaign provides awareness and information about the disease and stresses the importance of yearly screenings. The Middlesex County Office of Health Services is proud to participate in National Breast Cancer Awareness Month. Breast cancer is the most common kind of cancer in women after skin cancer. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that most women can survive breast cancer if it's found and treated early. Every person should know the symptoms and signs of breast cancer, and any time an abnormality is discovered, it should be investigated by a healthcare professional.

By performing monthly breast self-exams, you will be able to more easily identify any changes in your breast. Most people who have breast cancer symptoms and signs will initially notice only one or two, but it's important to remember that the presence of these symptoms and signs do not automatically mean that you have breast cancer. Be sure to talk to your healthcare professional if you notice anything unusual.

## Breast cancer symptoms

Perhaps the most recognized symptom of breast cancer is a lump or mass in the breast tissue. While many women go to the doctor after finding a lump, every woman should also be aware of other changes to the breast or nipple.

With the different types of breast cancer come a variety of related symptoms. For example, invasive ductal carcinoma (IDC), which forms in the milk ducts, may cause a distinct breast lump that you can feel. Invasive lobular carcinoma (ILC), which forms in milk-producing glands, may cause a thickening in the breast.

### Early warning signs of breast cancer

Symptoms of breast tumors vary from person to person. Some common, early warning signs of breast cancer include:

Skin changes, such as swelling, redness, or other visible differences in one or both breasts

An increase in size or change in shape of the breast(s)

Changes in the appearance of one or both nipples

Nipple discharge other than breast milk

General pain in/on any part of the breast

Lumps or nodes felt on or inside of the breast

Symptoms more specific to invasive breast cancer are:

Irritated or itchy breasts

Change in breast color

Increase in breast size or shape (over a short period of time)

## Breast Cancer Awareness (continued)

Changes in touch (may feel hard, tender or warm)

Peeling or flaking of the nipple skin

A breast lump or thickening

Redness or pitting of the breast skin (like the skin of an orange)

It's important to remember that other, benign conditions may have caused these changes. For example, changes to the skin texture on the breast may be caused by a skin condition like eczema, and swollen lymph nodes may be caused by an infection in the breast or another, unrelated illness. Seeing a doctor for an evaluation will help you determine whether something you notice is cause for concern.

Invasive breast cancer symptoms

Invasive breast cancer symptoms may include:

A lump or mass in the breast

Swelling of all or part of the breast, even if no lump is felt

Skin irritation or dimpling

Breast or nipple pain

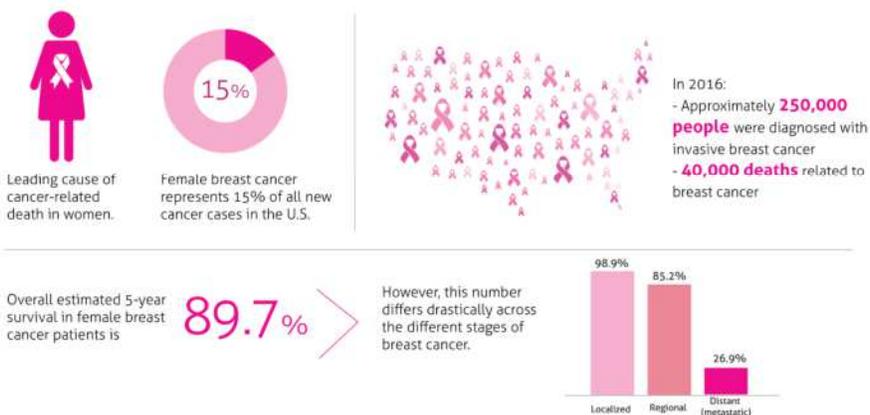
Nipple retraction (turning inward)

The nipple or breast skin appears red, scaly, or thickened

Nipple discharge

A lump or swelling in the underarm lymph nodes

### Statistics in Breast Cancer



<https://magellanhealthinsights.com/2018/10/09/october>

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# 10 signs of liver damage

## 1. Signs of Liver Damage: Changes in Appetite

A damaged liver has difficulty metabolizing fats and proteins from food. Bile production may slow down, making it difficult to deal with fatty meals. Also, if liver damage is chronic or severe, the vessels in the esophagus and stomach may dilate. In some cases, the dilated vessels may bleed, which is a medical emergency. People with chronic liver damage can also experience nausea, vomiting, and a distaste for meals high in fat and protein.

## 2. Skin Changes

Liver damage can cause hormonal changes that in turn cause the dilation of small blood vessels. These spider veins are most noticeable on the face and torso. A blotchy redness of the facial skin, palms, and feet are common as well and are usually a result of hormone changes, vitamin deficiencies, or increased pressure in the vascular system. In advanced liver damage, jaundice can give the skin a yellow appearance. Jaundice happens when a waste product, bilirubin, builds up rather than being metabolized by the liver. Consistently high bilirubin can be a sign of acute or advanced liver disease. However, bilirubin can be elevated in other medical conditions as well.

## 3. Fatigue and Difficulty Concentrating

A damaged liver has to work extra hard to perform its many functions. This may lead to fatigue or problems with concentration because the liver is filtering out toxins more slowly than normal. The liver may be sluggish in metabolizing food and struggle to absorb the nutrients required to maintain clarity and overall functioning. Advanced liver disease can lead to hepatic encephalopathy -- brain damage due to high levels of toxins in the body.

## 4. Abdominal Swelling

Even though a damaged liver can compensate or regenerate, the shape and size of the organ may change. These changes may result in a larger organ that in turn increases the size of the abdomen. Advanced liver disease or cirrhosis can also lead to swelling within the abdominal cavity or ascites. This swelling is due to decreased proteins in the blood that cause fluid to leave the vessels and collect in the abdomen and other body cavities. It's also caused by increased pressure in the vein that carries blood from the digestive organs to the liver.

## 5. Changes in Bowel Movements

When the liver struggles to perform, digestion can slow, and the body may try to compensate for increased toxins by excreting them in the bowels. This may cause constipation or diarrhea. In later stages of liver damage, the liver can no longer produce and process bile and bilirubin, which give stool its brown appearance. As a result, the stool becomes paler in color.

6. Changes in Urine The inability of the liver to metabolize bilirubin and excrete it through the bowels can lead to a build-up of this waste material in the blood. The kidneys excrete the bilirubin that builds up in the blood, causing dark or tea-colored urine. Dark urine is a sign of a more acute liver issue and should prompt immediate medical attention.

## 7. Bruising or Bleeding

The liver is responsible for creating proteins that help with blood clotting. A damaged liver has difficulty with this process, which leads to increased bruising or bleeding. A further complication can occur when new blood vessels are created to bypass the damaged organ. These vessels, often

## 10 signs of liver damage continued

and black stool are signs of bleeding in the esophagus or stomach and require immediate treatment.

### 8. Swelling in the Legs or Ankles

Liver damage may cause fluid to build up in the ankles and legs. This build-up is due to a loss of blood protein which allows fluid to leak into the tissues. The legs and ankles are often affected because gravity pulls fluid down towards the feet. The late stages of liver damage can cause severe swelling.

### 9. Increased Blood Pressure

A damaged liver has reduced blood flow due to liver damage and scarring] This creates pressure in the blood vessels surrounding the liver, causing portal hypertension, named after the portal vein, the main vessel feeding blood to the liver. Compromised blood flow causes resistance. The body compensates by creating new blood vessels to get around the resistance. Sometimes these blood vessels bleed or rupture, which is a true medical emergency.

### 10. Increased Liver Enzymes

Active liver damage will show increased liver enzymes in the blood. These may not appear in all people with chronic liver conditions. Increased liver enzymes are a result of acute damage and can indicate that the organ is under attack from toxins, inflammation, viruses, or other causes. If elevated liver enzymes are present, doctors may investigate to determine the cause and prevent further damage.

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### 13 Steps to maintain a healthy liver:

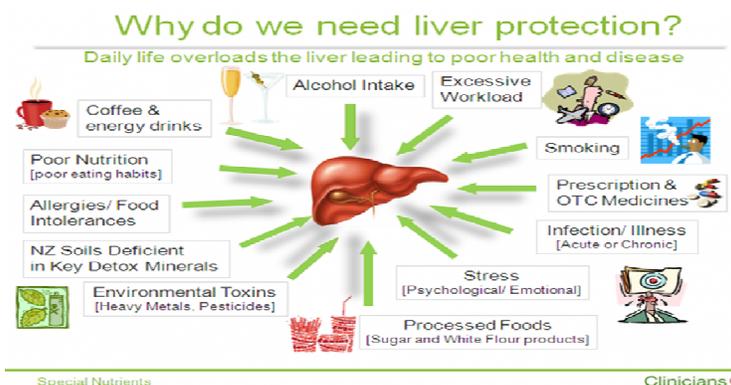
1. Maintain a healthy weight
2. Eat a balanced diet
3. Exercise regularly
4. Avoid toxins
5. Use alcohol responsibly
6. Avoid the use of illicit drugs
7. Avoid contaminated needles
8. Get medical care if you're exposed to blood

10. practice safe sex

11. follow directions on all medications

12. wash your hands

13. get vaccinated



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## Office Updates...

- TB Shots are given M/T 10am-4pm
- NEW Office Hours are: M– R 8am-7pm.

